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| --- | --- |
| **Name person ordering:** | **Date ordered:** |
| **Ship to**  **Street:**  **City, zip code:**  **(no PO Boxes)** | **Training event dates**  **First session:**  **Second session:** |
| **Delivery POC Name:**  **Phone:**  **Email:** |  |
| Note: Some items may be out of stock, substitutions may be made. Items are packaged in different quantities so you will be shipped what is closest to your request. All items are to promote brain health activities like physical activity, sleep, social connection, healthy diet, stress reduction, chronic disease management, and challenging your brain.  Please limit your order to no more than 5 items and a maximum of 30 per item as DOH is paying shipping costs. **Email completed form to:** [**tiffany.turner@doh.wa.gov**](mailto:tiffany.turner@doh.wa.gov)**. Please allow up to 30 days for delivery.** | |

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| --- | --- |
| **Item** (limit to 5 items please) | **Quantity (each)** Maximum 30 |
| Reuseable snack bags |  |
| Insulated lunch bag |  |
| Magnetic grocery list notepad |  |
| Hot/cold packs |  |
| Apple Stress Ball |  |
| Travel pill box/vitamin organizer |  |
| Hand/finger exerciser |  |
| Travel exercise bands |  |
| Massager |  |
| Fold up frisbee |  |
| Mini cards & dice |  |
| Jump Rope |  |
| Seed sticky notes |  |
| Sleeping eye mask |  |
| Travel checker game |  |
| Running belt |  |
| Bike light |  |
| Fitness watch |  |
| Keychain flashlight |  |
| Golf balls or bag tag with tees |  |
| Fidget kit |  |
| Multi-color highlighter |  |
| Fishing bobbers |  |
| Circle jar opener |  |
| Plant starters-variety |  |